

Practice # 103 – Choice/free-drills (LC)

Warm Up - 400 Choice

- 2/3x100 free drill 2:15/1:45

(choice drill 1st 25 - 35m – remainder full)

Main Set:

8/10x50 free (25 1-arm, 25 full) 1:05/:55

**(during 1-arm drill, work on head position
and smooth head roll into shoulder)**

(during full, maintain steady head position)

200 Free/Choice (med/drill) 4:00/3:15

2/3x100 Choice (strong finish) 2:00/1:40

4x50 Choice (hard & efficient) 1:00

100-200 kick (with or w/o board)

1 min rest, re-group, repeat set 3 times

Note: try to keep same stroke for each cycle

2nd cycle add :15 to 200, :10 to 100, :5 to 50

Warm down - 5 mins of relaxed swim